

# A Brave Heart: The Lizzie Velasquez Story discussion guide



Discussion for a movie night: Enjoy the film. Afterwards, here are some discussion questions that might help you to engage with others on the topics from the film.

Enjoy the time engaging with the film, your faith and friends.

## Synopsis

A BRAVE HEART: The Lizzie Velasquez Story is a documentary following the inspiring journey of 26 year old, 58 pound Lizzie from cyber-bullying victim to anti-bullying activist. Born with a rare syndrome that prevents her from gaining weight, Elizabeth "Lizzie" Velasquez was first bullied as a child in school for looking different and, later online, as a teenager when she discovered a YouTube video labelling her "*The World's Ugliest Woman.*" The film chronicles unheard stories and details of Lizzie's physical and emotional journey up to her multi-million viewed TEDx talk, and follows her pursuit from a motivational speaker to The United States Capitol Hill as she lobbies for the first federal anti-bullying bill.

Synopsis written by the film's director: *Sara Hirsh Bordo*

## Discussion points

1. Lizzie Velasquez's story is compelling, challenging and fascinating. Did her example challenge you to think differently about life?
2. *A Brave Heart* shows the evils of bullying and how the internet has taken it to new depths. Have you ever experienced bullying, as a child, a teen or as an adult? Do you need help?
3. Lizzie's resolve is motivating and captivating. What challenges do you face in your life that you could benefit from this type of perseverance?

***'Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.'*** James 1:12

4. Her story is one that shows that God does not make mistakes. Do you believe that statement, why or why not?
5. Wouldn't life be better if we did not have bullying, illness or pain?

***'And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.'*** 1 Peter 5:10



"Loving God and being open to him will change your life. Even the smallest step toward God will be rewarded by his grace." — Lizzie Velásquez, *Be Beautiful, Be You*